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WEDNESDAY, OCTOBER 23, 2013

MUSIC:

Bassist Troy Blech in
tune with acoustic
roots **P. 16**

SPACES:

Bold walls, accent
pieces transform
charming home **P. 30**

ON THE SCENE:

At the RUH
Foundation's Royal Ball
Under the Big Top **P. 32**

A STARPHOENIX COMMUNITY NEWSPAPER



LIVING IN HARMONY

HOW A BACKSTAGE CHAT BETWEEN MICHAEL FRANTI
AND SASKATCHEWAN NURSE SARA AGAH LED TO
FRIENDSHIP, LOVE AND THE DESIRE TO HELP OTHERS
P. 4

FREE

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ON THE COVER PG. 4



Shirley Ali (left) dancing and Suzanne (right), Shirley Ali met at the Rioja Fall Festival in 2008. They recently started the 50/50 For the Love Foundation. REBEKAH PHOTO BY BRYAN SCHLOSSER

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Left and right: Shirley Ali met at the Rioja Fall Festival in 2008. REBEKAH PHOTO BY BRYAN SCHLOSSER

BRIDGES COVER PHOTO BY BRYAN SCHLOSSER

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ON THE COVER

SARA AGAH AND MICHAEL FRANTI

Romance has a rock-solid foundation



Rocker Michael Franti met his wife, Sara Agah, at the Reggae Folk Festival in 2000. They started the Ditch the Lake Foundation in 2001. (PHOTO BY REINIS SUGIENOVSKIS)

By Andrew Matte
and Jenn Sharp

The power might have gone out during the Reggae Folk Festival of 2000, but there was plenty of electricity later that night when a Sanitation training student met a rock star she'd

never heard of.

Sara Agah, a trained festival headliner, Michael Franti, was being a stereotypical暖男 when he invited her group of friends backstage after the concert. But her introduction to the Californiaan known for his anti-war messages and positive, hip-happy music led to an exchange of

genuine and endearing video chats that developed into a three-year platonic relationship.

Today the socially conscious couple is two years into a full-blown romance and talking marriage.

"I found myself running to her during times when it wasn't just for fun," said Franti, 47, before a recent

I realized that we live our life in the same way ... Michael inspires me to be a better person. — Sara Agah

concert at the Concerts Arts Centre in Arizona.

"When I had times on my side that were difficult, I'd call her and the same thing with her. When something was hard for her, she was reaching out to me," adds Franti, who is 10-inches-taller than his going-harvest-in-public wife.

"That is when we realized we had a relationship that was bigger than a partnership."

Agah calls Franti her perfect partner because he shares her passion for philanthropy, which led to the creation of the Ditch the Lake Foundation, which sends money from what are recycled water cans to terminally ill, or disabled to concerts.

It was one of those moments where we all just started crying because we were in awe of one another.

—Hope December

"I realized that we live our life in the same way," Michaela inspects me to be a better person," said April 20, adding concerns from her friends and family about dating a man who much older than herself are diffused after they meet him.

"I have bias for the man he has become. I know he has kids and has been in relationships. I am not sure I would have fallen in love with him if I met him when he was 21."

The weekend trip from Saskatoon, to Regina had been a lark. Friends invited Agab to the Regina Folk Festival where Frosti was a feature performer. The August concert was thwarted by rain and a power outage, which prompted Frosti and his band to take refuge in the houses to keep the concert flowing during the unexpected pause.

plate, Pivatti began a pair show customized talking to audience members and writing a few backstage

"I remember it was raining and Sera had on this big dark peachy raincoat thing. I asked

her and her group to come backstage and that's when I realized that Sara was not just beautiful, she was also brilliant," French said. "I remained with them a few months and I thought maybe I found a new friend, but never thought things would come to an end."

Again assumed the same:

star" But we hang out and we become friends."

Not long after that, the two shared texts and emails that usually included positive or motivating messages, one of the first signs that they had more in common than they realized.

"I remember he was in Range and I was still in nursing school and he would send me these encouraging messages throughout the night" she said.

French increasingly enjoyed the friend ship and support he received from Agnes even though she was in Saskatoon working as an emergency room nurse at Royal University Hospital while he was at home in San Francisco or on tour.



Photo of Soni Razani from *It Was Only a Kiss* for the Los Angeles Times. Photo by Michael W. Smith.

A poster for a children's party. At the top, the PotashCorp logo is displayed with the text 'PotashCorp' and 'A FORTRESS OF STABILITY'. Below this, the words 'THE GREAT' are written in a stylized font. The main title 'Princess & Pirate' is written in large, bold, yellow letters. Below the title, the text 'Fancy Dress Party' is in a smaller, pink font. To the left, there is a cartoon illustration of a girl in a purple princess costume with a yellow star on her chest. To the right, there is a cartoon illustration of a boy in a pirate costume with a black skull and crossbones hat. The background features a yellow gradient with blue and green decorative elements. At the bottom, there is a 'Thank You Sponsors!' section with logos for various companies, and a 'Oct. 19, 2013' date.

I asked her and her group to come backstage and that's when I realized that Sara was not just beautiful, she was also brilliant. I assumed we'd share a few emails and I thought maybe I found a new friend, but never thought more would come of it. — Michael Franti

Agusti travelled to Haiti after the earthquake in 2010 to help with relief efforts in Marisso-Prieto's main hospital. The experience was eye-opening: she treated patients with HIV/AIDS, dengue fever and malaria, many of whom were living in squalid and unsafe temporary settlements. Franti had to supply blankets and food. The beds were made out.

"I saw what really sick people look like: people who are not getting the care that they need."

Her biggest challenge upon returning to work in Venezuela was trying to empathize with people who complained about doctor wait times or uncomfortable beds.

"I had to always remind myself that I can't estimate their disease level. They're feeling what they're feeling because of their own experience."

As for Franti, he said their connection became stronger when they compared notes at the end of the day.

"She had this thing where she asked, 'Who did you make feel sick without today?' Before we went to bed every night, we'd ask each other whose life they made significant. She'd talk about a patient who shared a story or something like that or I'd talk about someone I had met at a show," said Franti.

Their relationship became a romance in 2011 when Agusti fulfilled a plan made years earlier to practice moving to California. Both agree they benefited from being forced to make the best of Internet chats during a long-distance relationship.

"It helped us understand each other on an intellectual level and an emotional level but we had a chance to really get to know each other as friends and partners before we jumped into a relationship," said Franti.

"No relationship is perfect and if anyone tells you theirs is, they're lying. But the biggest thing we do is try to accommodate. Making that effort makes a huge difference," said Agusti.

Franti said he was never attracted to the typical celebrity bimbo.

"Throughout my time as a musician, I've had girlfriends. But I have

been a sexual racing-very person. I'm not a girl in every way kind of guy. It's just not important to me like having someone I share an important connection with," he said.

"My relationship with Sara is the best relationship I've been in. It doesn't compare."

The relationship means Agusti of ten lives like a rock star. She rides as a member of the herd on custom buses and watches concerts from the audience or behind the stage. She also speaks out about issues dear to her heart like women's rights. She and Franti were guest speakers at the inaugural International Latin Rock Symposium on rape and violence against women in Bacon Battalion, South Africa. This month she'll be performing in a tour to put in 100 hours of work. Lisa Desjardins, the online business she started to sell T-shirts and her handmade jewelry, she donates part of the proceeds to Do It For the Love. It's a pleasure she says has taken over her life.

"I always feel like I need to surround myself with things and people that remind myself of the person I want to be. (This work) allows me to be the best version of myself."

Agusti still takes occasional nursing shifts in Nutrition and Child Care, but concedes that life with Franti requires prioritizing. Even though she joins him on tour, she wasn't willing to give up her career.

"This is not a vacation. That is the biggest misconception," she said.

In recent years, Do It For the Love has taken up more of Agusti's time.

The concept began after the耦子 of Brazil and the United States at the World Music Festival in Florida this past April. Agusti found in the ad voiced threats of ALS (Lou Gehrig's disease) an illness that affects and paralyzes the nervous system. She and his wife had been Tweeting in Franti, saying that maybe it was their last concert and that he hoped to meet the rocker.

Franti welcomed the couple back stage where both he and Agusti gave the couple a hug and sent up a virtual hearty (go) cheer.



Michael Franti performs at the San Jose Jazz Festival in June of 2012. HOBBS/FILE PHOTO BY RICHARD HAMAN

I love what they're doing, being a voice for people that need it. I really appreciate people who use their power to help.

—Ryan Leier

"It was one of those moments where we all just started crying because we were in one of our snuggles," remembered Hipe.

Prantz shared their story with the crowd of 30,000 and brought them on stage during *Life Is Better: With You, a song we wrote for Agah*. Hipe lifted Steve out of his wheelchair and held him; there wasn't a dry eye in the house.

"It was the most moving moment of our lives," said Hipe. "It was some thing I'll treasure forever."



Steve and Hipe December, a young couple, smiling and posing together. Steve is wearing a blue shirt and Hipe is wearing a yellow top.

Speaking over the phone lines their home outside Atlanta, Ga., Hipe says it's been their mission to make sure people pay attention to ALS's effects. There is no known cure for the devasting disease, so currently in the interview care and...

The couple dated for six months during which Hipe remembers Steve struggling with severe pain in his arm. When Steve was diagnosed with ALS he was given two to three years to live. Hipe said Steve she didn't have to stay with him.

"I was thinking of him the whole time, 'he's so young,' and Hipe," he said. "Well, if you do stay with us, will you marry me?" And, of course, I said yes."

They married two months later, on Oct. 30, 2011.

"It was all very fast, but we didn't have a lot of time," Hipe said.

Hipe has since quit her job to take care of Steve full time. They started the website *Hipe For Steve* as a way to keep people updated on Steve's health and to spread awareness about

ALS. The disease has no known cure. To date, Steve has received a small amount of disability covering roughly half his medical expenses. The couple relies on the blessings of others to get by.

"This is not an old man's disease," said Steve. In an online video "Steve only we're gonna find a treatment and we're gonna figure out a way to live with ALS and keep us alive longer than two to five years."

When he's feeling well, Hipe says he's eager to have fun with her and to "make memories."

"I think the most important trick is to stay happy. You have to have something to live for and you're gonna want to live. So to keep a positive attitude about the worst prognosis you can have is very vital," he said later in the video.

Prantz and Agah check in frequently with the Decembers, sending messages of updates to each other. Mitzvah Day home can bring joy to people facing incredible adversity was a special event for them.

"We were home that night and said, 'What can we do to make this experience happen again and again and again for other people?'" said Agah.

The foundation gives wounded war veterans, adults and children with a disability or terminal illness "two tickets and a smile" to any concert they wish to see in their city along with meeting the artist if they choose.

"It's like a make-a-wish foundation for cancer," said Prantz.

"Do it for the people you enjoy the most," said Prantz. She brought the Agah Through Outreach to Yoga a weekly karma class with 40 cents off proceeds to the Foundation. Leier says it was an easy decision to support Agah and Prantz's new venture, naming them among his friends in Sebastian's page community. He's also a fan of the way Prantz brings joy to people's lives and the way he gets people, like Steve and Hipe, involved in his shows.

Prantz is on page 8.



Steve and Agah December practice headstand during a yoga retreat with Sebastian's Ryan Leier at Rumb's Soulful Villa in Bell, Indonesia last winter. Agah's cousin died of ALS.

No relationship is perfect and if anyone tells you theirs is, they're lying. But the biggest thing we do is try to communicate — Agah

"I know what they're doing, being a voice for people who need it. I really appreciate people who use their power to help."

Though their schedules have been too hectic to make plans, French and Agah say their future includes a wedding and a home in Saskatchewan.

"It's naturally about her wanting me visiting. It's more about finding a window of time to do that," said French, who spent a year in Edmonton as a term as part of a school exchange. "I feel like I've been welcomed into Saskatchewan. I'd really wish to have a home there. I love Saskatchewan and I love Alberta. I love seeing my country from the outside."

Agah wants to take time to plan a wedding rather than have a quick ceremony. But she's hoping things will happen within five years.

"I want to be married and have kids."

As for the timing of a wedding, French says she planned the wedding for Sept. 30 because in Regina,

"I'd like to thank the City of Regina for introducing us."

"I'm sorry she's free Saturday," he joked to the crowd.

"Maybe by the time we come back to play we will have taken things to the next level."



Michael French and Agah Agah. (BRIAN PHILP/PHOTO BY PHOENIX.COM/PHOENIX)

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NEXT WEEK: What's your favourite Halloween activity?
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PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked:

What was the most memorable part of your labour/birthing experience?

"With my first, it was a race up the driveway in the on-call doctor trying to convince me to have an epidural. The name and second doctor was obviously the first, since we all remember because the doctor who was here had during delivery shot the random, weird names parents give their children. Having an epidural was how special it went!" — *Adrienne Pratt*

"When she pushed her on my belly and I exclaimed 'A BABY!' (Yes, what else can I say excepting to *Wow!*) The next thing I said was, 'It's a girl!' — *Ruthie Vukovic*

"It was probably the most uncomfortable I have ever felt in my life, and I never really knew what all guarantees he could guarantee or say on his own. When he did it was a relief, but I had to wait about three hours to see him and my due date to actually feel him." — *Rebecca D'Amico*

"The things I remember most are: My husband crying along the last few cm to actually hold my son, and Valerie a shower after. Although that was the best shower I have ever taken!" — *Danielle Ford*

"Breaking out when I got to the labour and delivery ward) and they told me I was born and there was no time for an epidural. I was not expecting that. — *Morgan Chee Gottschall*

"With my first it was a race up. Coming to the hospital not thinking we would make it as fully as we were. And there were road outbreaks on the bridge. City Councils all over making the streets inaccessible or the owners making the accessible but once we were in the delivery room (legally) it was too late. With my daughter I made down the moment when she was coming out and only the name being chosen, and after a few self-pushing to stop because she was pushing so hard. She was born in my arms only because the doctors all left to have dinner. The next three or four people (who entered the room) said the same thing. Their hearts for the fifth girl that she didn't even live long enough to be born. — *Leanne Williams*

"Finally successfully after several unexpected labour attempts. Andrew had to take a Yes after being told no. And had a day. He was convinced we were having a girl as we were a bit surprised. So out it was born, having not expected it." — *Tina Gost*



SASKATOON FAMILY EVENT:
KIDS DANCE WITH THE WILDLIFE

Oct. 26, 9 a.m. to 5 p.m., Prairiefire Park Hall, 4111 Av. 100, 100-centre collection and the chance to meet wildlife. With prairie dogs, a wild boar, rabbits, corn snakes, pygmy goats, turtles, weasels, porcupines, and the gentle boomer of a 100+ colour conure, there's plenty to see every hour. Admission is \$10 for adults, \$8 for 12 and under, or \$40 per person. All proceeds go to the Wildlife U.S. Foundation Society of Saskatchewan.

"During the birth of my first son, Adam, we med-sidar (surgeon, nurse, expectant and hospital) doctor. Local paramedics, paramedic trainee about 10 people standing in front of the window watching what was going on. I realized what was happening and was informed that because it is a teaching hospital and there were nurses watching over to us at the moment they were trying to research the drug. Apparently each lost an eyeight during that night at that moment?" — *Shelly Lomber*

"The end!" — *Judy S.*

"Unbelievable amount of post!" — *Natalie Melnyk*

"My labour started 14 hours before it was supposed to, so we called the doctor and were eventually sent to the hospital. I say the entire time was a really scary. The most memorable moment was arriving my first son on Oct. 10 followed by his brother four minutes later. They were so tiny but full of life from the get go!" — *Michelle Gotschall*

"When was OVER and I had a previous little bundle of joy!" — *Geirle Conneren*

"Tach-labour went so quickly I don't really even remember much other than I was quite labour. You would think that with so many children there would be at least have my bags packed and ready?" — *Alison Czerniecky*



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IN THE CITY

■ OCTOBER 19, 2013 - 8:51 P.M.

Jump for joy



The Phoenix Ukrainian Folk Dancers' Erste Val'yanovs'kiy "Petticoat Whirling" at the Ukrainian Orthodox Holy Trinity Cathedral. Performing the group's annual folk-wedding (and other) dances. PHOTOS BY MICHAEL J. KROHN

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MY FAVOURITE PLACE

Learning and navigating the corn maze



When Ethan Fraser doesn't feel like his favorite place in Saskatoon, The Strawberry Ranch's corn maze becomes a source of fun and challenge.

By Angelina Trinidi

During autumn, eight-year-old Ethan Fraser and his mom Lisa both enjoy visiting The Strawberry Ranch's corn maze, where they have been for three years. On the inside, you can pick berries (in season), have a barbecue, pick pumpkins and navigate the challenging corn maze. They usually visit the maze, which is located about six kilometers south of Saskatoon, with cousins, aunts and uncles and friends. Lisa enjoys that a family can easily spend a few hours out in the sun as well as the learning aspect provided by the

corn, which helps you through the maze. Ethan likes the challenge of making his way through the winding paths and dead ends, as well as being climbing and running on top of the large hay bales just as much getting through the maze itself. Call 306-335-3333 for more information.

- Q. Why do you like visiting the corn maze?
- A. I like running on the hay bales, their chocolate fudge ice cream and going into the corn maze.
- Q. What do you do once you're inside of the maze?
- A. How do you get the clues?

A. Try to find a way to get out and stuff like that. It's hard sometimes you get lost in the maze for two hours. Once we get lost for 10-12 hours.

- Q. What's the best thing about the corn maze?
- A. Not getting lost in it and taking the half hour to get out.

A. I found there are clues in the maze. Oh yeah, it's kind of hard to explain. It's a riddle that you have to do some things and then if you get lost right you get a treat from the side!

- Q. How do you get the clues?

A. So, let's say this is my crayon (shape of hay) this is a piece of paper (the hand). So I want the detail of this so I rub the crayon and then it kind of shows up and you have to see the whole thing.

- Q. What shows up?
- A. Some stuff about the riddle that I didn't know, the maze taken on a different shape in the form of an animal or object. So like that you can see it will look like that.

Q. Do you get pumpkin from here too?

A. Oh yeah. We earned these and made pumpkin seeds out of them or

pumpkin pure sometimes!

- Q. What's it like to get out of the maze?
- A. It's really hard to figure out the way out of that 'lll', OR, so how to get out? So you have to figure out there's a turn. But it's not just that.

There's TWO turns until you can go straight or that way or this way and you're like, 'OR, which way to go? Which way to go?' Because there's four, so you're like, 'OR, I have no idea which way to choose.'

- Q. Blue deer cheese?
- A. I usually go to the ones on the right and I am always right.

CITY FACES

BY JAMIE RUSSELL

Craftsman incorporates animal forms into furniture

By Edna Manning

Jean Russell is known for his one-of-a-kind, finely crafted furniture and sculptures which often incorporate animal imagery. The internationally respected artisan, based near Waswanipi, will be the featured artist at the Saskatchewan Wildlife Art Association's (SWAA) annual Reflections of Nature Show.

Russell became intrigued by the use of animals in furniture in the early 1980s when he came across the work of Judy Kusley-McRae in a *Fine Woodworking* magazine.

"She is the godmother of contemporary woodworkers incorporating animal figures into their work," Russell says.

A few years later, he helped organize a woodworking conference for the Saskatchewan Woodworkers Guild and the Saskatchewan Craft Council (SCC) and had the opportunity to meet McRae. "It reinforced her influence on me."

Russell had taken a three-month apprenticeship several years earlier in California with two key men in the field of woodworking and furniture building — Bruce Welch and Art Carpenter — who taught him design techniques, marketing strategies and insurance philosophy.

"Art is a benefit on designer. He also gave me a lot of practical advice about commercialized and hobby-style," he says.

Continued on Page A4.



Internationally respected craftsman Jean Russell works on his Orenda Lodge table, called Poole's Pinecone, which he created using trees grown at Saultkotan. (WESTERN PHOTO BY MICHELLE RIECO)

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At this point, I am enjoying crossing between my western work ethic by making at least nominally functional pieces and indulging my middle age craziness by throwing out any pretence of function and wallowing in form for its own sake.

— Jamie Russell



A collection of Jamie Russell's hand-thrown ceramic vessels. PHOTOS BY MICHELLE BERG

Nuts About Nature At Beaver Creek Conservation Area



Hi kids! My name is Chlo, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city. Norma is a family Nature Activity Nat-Pac and like a trail—nature trail! Guess what kids? You can send your questions to me at the address below.

Dear Chlo,
Are bats really blind?

By [redacted]

Thanks for the great question! As you probably know, there are only the tiniest mammals and bats are no exception. It's hard to know why so many people believe that bats are blind but it is not true at all. In fact, of the 900 species of bats in the world today, all have eyes and can see quite well. One group of bats are known as "Thing Ives" because their faces resemble dogs or foxes. These bats haveindsight that is so good that they do not even have the ability to echolocate. Flying foxes use their sight to search the tropical forests for fruit, pollen, or nectar. The kind of bats we find here at Beaver Creek hunt at night and prey on insects using echolocation. However, even though their eyes are small, these little creatures have the ability to see during the day and can even see colour.

Send your questions to me at the address below. Then watch Bridges for the answers.

Your pal, Chlo

Author: Jamie Russell
12-year member of the
National Council of Women to Boys
Workshop and author of "12 Boys to Boys"

Illustrator: Michelle Berg
E-mail: mberg@phx.rr.com



Meewasin

—Jamie Russell, Young Author
4017 North 40th Street
Phoenix, AZ 85018
E-mail: jrrussell@juno.com



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WOMEN NEED TO KNOW ABOUT HEALTHY BRAS

Have you gone on a bra shopping trip, only to be frustrated, walking away empty handed? Jeuneique International, founded in 1989, manufactures health bras based on the engineering of the Golden Gate Bridge (balanced load suspension). Shirley McNamee (International Executive Director), a Certified Bra Fitter, is coming to Salt Lake for a 2 day Bra Clinics. Bras on the market with ribs and lace may look nice, but they are not doing their job (85% OF WOMEN ARE WEARING THE WRONG BRA). A women needs support from beneath the breast tissue. The rib and the Jeuneique Bra both fit small to full figure, sports, maternity and mastectomy - 200 sizes and 3 styles to choose from 30A - 49KK, no boning, no wires to gouge or bruise or impeded lymphatic drainage and circulation. Does not ride up in the back or off the shoulders and promotes better posture. Switching to a custom fitted bra is like giving up a floppy pair of slippers for an orthotic shoe. Once women adjust to the uplift and snugness (a couple of weeks), you become a life-long client. Doctors, massage therapists, chiropractors often refer their patients to us.

FREE BRA-FITTING CLINIC

Friday, Nov. 1st 10:00 am - 6:00 pm & Saturday, Nov. 2nd 10:00 am - 6:00 pm
at Jeuneique Be You To Fit 154 - 2nd Avenue South

For an appointment on either Friday or Saturday, please call

Jeuneique Be You To Fit at 373-0126



I'm getting the kind of work I want to do without running all over the continent looking for it.

—Russell



Craftsman James Myrick works on Luke and the Kids of Gethsemane which is made using wet-dawn basswood. The box's eyes are made of walrus. (Hebarts Photo/John Warkentin)

Russell has participated and exhibited workshops in the United States and across Western Canada. In 2000 he was the Invited Turning Exchange Furniture Fellow at the Woodturning Center in Padthaway.

Recently he has been working primarily in the provinces and from extremely valuable.

"The sharing and learning has been really important for me. Mike Hostak specifically was the main force behind many workshops that brought people in and exposed the entire community to some of the best artists and craftspeople in the world. That has opened doors to find galleries and markets for my work," he says.

Russell's work is in numerous private and public collections and has won many awards.

WHAT YOU NEED TO KNOW
REFLECTIONS OF NATURE

— Oct. 26 to 27 in Prince and Park's Wheatland Ballroom

— 9 a.m. to 9 p.m. Oct. 26; 10 a.m. to 5 p.m. Oct. 27

— Show runs 9 a.m. to 5 p.m. Oct. 26, 9 a.m. to 4 p.m. Oct. 27

— Workshops available by appointment

— Visit website www.reflectionsofnature.com for more information or contact Russell Urness at urness@telus.net

including Best in Show Open Sculpture in any division with the SWAFA. He can be contacted at 306-854-0030 or by email: pawneewest@shaw.ca

Authentic Amish Cooking



COURTESY IMAGE OF AMISH COOKS

Sunday's Best Oven Fried Chicken

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TROY BLEICH

Bassist's music finally finds a home

By Andrew Matte

The fact that a member of Regina's best-known metal band enjoys the occasional heart-tugging acoustic song isn't ironic so it sounds.

Troy Bleich, who has been the bass player in local literary band The Great Decays, played at the Exchange on Saturday night in his first acoustic solo show, playing acoustic guitar and singing songs he's been working on the past 15 years.

It's not the first time Bleich has waded to the center of projects he's taken on. He plays bass in Regina's metal bands Digital Decayed and Planet Strike, and plays acoustic guitar in local journal group Writestories.

In recent years, Bleich has been drawn to the music he enjoyed when he was younger. He grew up on country music, before discovering other types.

"As I get older, I find myself getting back to that kind of the classical sound I have folk songs, and I lose the dynamics of that kind of music," said Bleich, adding that his literary interests fit first priority in music.

"I'll always be a heavy metal fan though."

1 *We lost jobs and girlfriends because of my music. Maybe one day I will look back and regret it. But for now, I do it because I believe in something.*



Musician Troy Bleich, who plays bass in the Regina metal band The Great Decays, recently held his first ever solo show. **PHOTO BY ERIN SCHLICHER**

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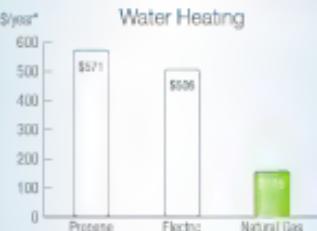
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*Based on 730 m³/yr average use for a family of four. Fuel rates as of January 1, 2013. Natural Gas \$0.2163 per m³, Electric \$0.1113 per kWh, Propane \$0.6040 per litre.

For complete program details,
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1-800-567-8899.

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The ENERGY STAR® Loan Program ends March 31, 2014.

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

SHAE THERRIEN

Interrupted With Bipolar

I am setting here wondering how I should start to introduce myself to the book readers of the world.

It's a little fuzzy in my head that afternoon as I had a treatment that morning. An ECT (electroconvulsive therapy) treatment always helps to keep me on the straight and narrow when I am off.

I lost count at 100, but I simply guess at the second dozen the treatments have allowed me to live. This book has given me a second chance to pack away at searching for a comfortable relationship between me and my mental health that can suit my intentions to enjoy the day in front of me with peace in my mind.

So my one wish is for you to break this book down and give it a read.

I don't just want to ask you to read my book by saying something like: Everyone can relate to more emotions — emotions like peace, joy or hope about a comforting sense of security or a part of ones self that can be possessed by that individual and others as a personal fire. I could also say: Everyone has their own convictions of what pain and sorrow is and how it applies to these own personal life and how the relation of suffering with pain and sorrow can, and does, affect their everyday choices after the sun comes up in the morning.

So I don't just want to ask you easily to read my book. I want to ask you with some enthusiasm, along with a side dash of a possible risk of main interpretation of this news in my life, to

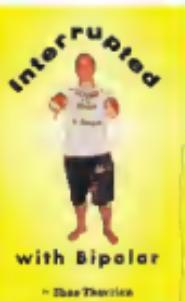
read my book. I want to ask you with some — intention to clear up some of the misunderstanding you may or may not already have about mental health. Or in my case, mental illness. A mental illness that has left me in the state of being all on water then one occasion — actually eight or nine occasions since it made its first appearance using me during the latter part of 1991. This illness does have a name and it is called bipolar depression. I think you're going to have the ability to read this article.

This book is a simple read that offers some humour along with my depression-free self from myself or perhaps with the downside of my mental-state-of-being ill illness.

I am still learning that it is a full-time job trying to overcome myself on a daily basis that I do not have to be something I am not. WIFs first being said. I need to believe in something that I am, when my illness takes me away and tries to shape my identity. When that happens, I have to accept myself for what I am for the time being — someone who is stuck in the state of being ill.

So just sitting you nicely to read my book. I am asking you to pick it up and read it because you can relate to it — you're a human.

Interrupted with Bipolar (\$19.95) is available from DresserWorks (601 publishing in Niagara, 1-800-363-0893) and select bookstores.



— Shae Therrien

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GARDENING

FALL GARDENING

Autumn leaves have many uses

By Erl Svendsen

My mother, without the benefit of the Internet, Netflix, tablets or the new ubiquitous computer on the phone, had to be inventive in keeping us kids occupied. So in the fall, we came the black paper, crayons and a few gathered leaves. We put the leaves under the paper and coloured the whole sheet with markers and pens, revealing the leaf shapes and intricate vein patterns in a puzzle of colour ending up with "art" for the fridges.

Of course, the other fun thing to do with leaves is to gather lots large piles of them and then raking the hard work of raking them up.

For us adults we need to remove leaves so they don't become a seed donor, smothering and killing the grass over winter. This can be a traditional leaf raker to corral these into loose piles or a leafblower to turn them into piles. Alternatively, use your power mower to shred and then bag them up. Raking the front of the mower one or two settings improves the various circulation. Shredding the leaves reduces the amount of space they occupy and speeds up their eventual breakdown.

The next step is figuring out what to do with your leaves. Shredded directly into the garden, leaves will organize another improve tilth (soil of cultivation) and increase water holding capacity. Leaves also add significant amounts of nitrogen, phosphorous, potassium, sulphur, boron and other measured nutrients.

A third use for leaves is in a reasonable amount to incorporate into your garden. Because the nutrients tied up in leaves are not immediately available for plant growth in the year following fall application, you should amend the soil with both organic or synthetic fertilizer to optimize growth.

Do not add a thick layer of shredded or whole leaves to your perennial beds. Once winter, the leaves do not have enough time to break down to



Leaves left over winter suffocate the lawn and may prevent them growing back in the spring. PHOTO COURTESY SARTALBERT

any extent and will instead become a wet, unperfected barrier to sprouting growth. Tree and shrub beds are a different story and a layer of leaves there act as an excellent mulch, keeping the soil cool and moist in the summer and preventing weeds seeds in the soil before germinating. Leaves are of course compostable. You can compost them alone in a wire

bin, turning the pile occasionally to produce leaf mould, a much sought-after fungi-rich compost that has excellent water holding capacity when added to soil. This process can take up to two years. Or you can use leaves as a component in a well-balanced compost pile, intermixing with other carbon-rich materials (straw, wood chips) and nitrogen

sources (kitchen clippings, uncooked fruit and vegetable scraps, egg shells, coffee grounds)

Add a few shovels full of soil to add the microbes that do the hard work of breaking down the organic. During the growing season, turn the pile monthly to aerate and keep it moist but never soggy. Adding compost starter or a small amount of high-nit

PERE SASKATCHEWAN COMPOST DEPOSITS

- McEwan Drive (between 24th St. and 25th Dr.)
- Highway 7 at 19th St., Weyburn
- 24th St. at 15th St., Weyburn
- Composting area in Saskatchewan parks and community gardens. Visit the site to residents
- Call 306-779-2467 for more information

rogen fertilizer gets the pile cooking sooner but is not essential. If all goes right, you should have fully refined compost by fall, ready to add to the garden before the snow flies.

This column is provided courtesy of the Saskatchewan Provincial Society (www.sapsask.ca) of Horticultural youth members.

EVENTS

MUSIC

Marie's Day, Oct. 23

Open Air
Buds on Broadway,
8117 Broadway Ave.

FMDC hosts SPNWG 2014

Cabaret! New Horizons,
Leonard Aders & Sons and
Black State
The Ofelia Event Center,
241 Second Ave. S.

Thirstyfly, Oct. 24

Mesa Steel Freight Train
Crackers Restaurant and
Lounges,
49-221 Phoenix Ave. Dr.

Daybreak
Buds on Broadway,
8117 Broadway Ave.

**Just Jam w/ The Kim Salkeld
Trio**
The Basement,
2021 North 16th Ave. N.

**Harpadont and the Axe
Murderer w/ the Staff**
Antics Center,
632 16th St. E.

**Jordan Kleiser w/ Six
Moons Letter**
Vinegar Tavern,
801 Broadway Ave.

Friday, Oct. 25

Mr. Brownstone
Buds on Broadway,
8117 Broadway Ave.

Plane Friday w/ Nick Friend
Reets Series (first Johner
and The Johner Boys)
The Basement,
3932 Fourth Ave. N.

Billy Bob
Army & Navy Veterans Club,
259 First Ave. N.

Williams and the Shadows
Harold Sensory Center,
103 Fremont Court



The Young Enymers will perform at Antics Center on Saturday. (Inset photo by Michaela M. Rizzo)

It's Too Late, Baby

Monique Harrison,
3130 Eighth St. E.

Bear Jammin'

Teen Town Tavern,
1320 16th Street Dr.

Frank Turner w/ The Smith

Street Band and Kew Koo
Kanga Roo
Lester's Pub,
53 Congress Dr.

John 2 Doubts

Antics Center,
632 16th St. E.

JB Edwards Band

Vinegar Tavern,
801 Broadway Ave.

Loretta Lynn

Dakota Dunes Casino,
204 Dakota Dunes Way,
Whitecap

Johnny Derr

Rock Bottom,
634 E. Broadway Ave.

The Bass Investors w/ The

Brock's
Village Gulfin & Arms,
432 39th St. W.

Mike's 3 Drunks

Ston's Place,
106-110 Rush St. E.

Mr. Brownstone

Buds on Broadway,
8117 Broadway Ave.

Jazz Thieves Series: En

**trance and Harboprop
w/ Joel Phares**

Young Enymers w/ The

Elvises and the Amazons

Antics Center,
632 16th St. E.

Lee Lexington

Whitecap

Natalia Lujan,

3201 University St.

Billy Bob

Army & Navy Veterans Club,
3130 First Ave. N.

Karen Roy w/ Donovan

Leslie

Monique Harrison,
3130 Eighth St. E.

Reverb

Lester's Pub,
53 Congress Dr.

Young Enymers w/ The

Elvises and the Amazons

Antics Center,
632 16th St. E.

Halloween for Humanity:

Haunted Hall members

of Shooting Guns, Gente

by members of Red Bed-

itions, The Replacements by

members of White Tie Gays

and Lesbians, and Reunions

Soles by members of Lady

Deathstretcher and Weak Ende

Venom's Tavern,

801 Broadway Ave.

Halloween Costume Party

w/ Blazé of Glory, a tribute

to Bee Gees

Dakota Dunes Casino,

204 Dakota Dunes Way,

Whitecap

Tim Weaghen

Eugay's Bar & Grill,

135 Primrose Dr.

Pounds in Japan

Rock Bottom,

8117 Broadway Ave.

Q Kim 2 Drunks

Stan's Place,

10-110 Bush St. E.

Sunday, Oct. 27

Lee Lexington

Natalia Lujan,

3201 University St.

Chris Cornell w/ The Shins

TCU House,

35 20th St. E.

Monday, Oct. 28

Flathead

Buds on Broadway,

8117 Broadway Ave.

Tuesday, Oct. 29

Flathead

Buds on Broadway,

8117 Broadway Ave.

ART

Mendel Art Gallery

Through the fall at 950

Spadina Crt. E. Fall pre-

sentations, sponsored by

Arizona Diamondbacks

Modernism an exhibition of modern and contemporary art from the 1950s to the present, and **They Died a Day Before a Gay** (Oct. 12), a survey of art production by 12 young female artists across the Posters. The RBC

Artists by Artists Memorial exhibition, **Gelato**, features an interactive installation representing a wheat field by Cory Schuyler and a video by Cory Schuyler (October 12).

Relections of Nature (Oct. 26-27) at Phoenix Park

The 22nd annual fall art expo-

sition, competition and sale.

Presented by the Sealach-

evian Inc. **Wildlife Art Associa-**

tion Inc. (Oct. 26-27), art and animal

paintings, drawings, photographs,

and a juried art competition

based on wildlife, nature

and domestic subjects. Entry

registration is Oct. 12 at 10 a.m.

It runs from Oct. 26-27 from 10 a.m. to 4 p.m.

Relections of Nature (Oct.

26, 10 a.m.-5 p.m., and Oct.

27, 9 a.m.-4 p.m.)

The Man Who Paints

Until Oct. 24 at 228 Third Ave. S. Known as Heart, a life spent painting the prairie landscape, by Lorne Russell

Northem Landscapes

Oct. 23, 7 p.m. to 10 p.m. exhibit; Oct. 24, 10 a.m. to 4 p.m. at Gédéon de la Francophonie, 318-303 Fourth Ave. N. Works by Moni Wiba Holtz, Canadian landscape artist Carl Hennigar, Doug Hartigan, Paul Thottaz, Roger Trotter and Ian Van Tassel, also known as The Man Who Paints, will be hosting a showing of paintings from their travels over the last year, including Saskatchewan locations Prince Albert National Park, Estevan and La Ronge.

Saskatoon Painters Club

Oct. 23, 6 p.m. to 9 p.m.; Oct. 26, 10 a.m. to 5 p.m.; Oct. 27, 12 p.m. to 4 p.m. at Grace-Westminster United Church auditorium, 503 10th St. E. Their 2013 Show and Sale.

Reflections of Nature 2013

Oct. 26, 6 a.m. to 3 p.m., and Oct. 27, 9 a.m. to 4 p.m. at Prairie Land Park. A wildlife art show encompassing carving, sculpting, painting and photography. Featuring original artwork from hundreds of professional, amateur and youth artists. A voter and diversity reception will be held Oct. 27 from 7 p.m. to 10 p.m.

St. Thomas Mesa Gallery

Until Oct. 29 at 1437 College Dr. Bilingual Friday, French "Renouveler" and Other Bilinguals' performances, an exhibition by Zou-Fortier Art, an ethno-sabot exhibit on the implications of fossil fuel production in the construction of the past, present and inevitable apocalypse. Featuring irrelevant quotes from inconsequential writers, and supported by misleading and incomplete factual information

Watrous Library

Through October at Watrous Auditorium. Splendid seasonal art by local artists. Sponsored by Watrous & Arts Arts Council.

Stations Arts Centre, Saskatoon

Through October at 101 Broadview Ave., Northern Garden Immersive by Ursula Arnold. It's an OSMC touring exhibition.

Gordon Seiphoen's Gallery

Until Nov. 1 at 191 Murray Building, 105 S. 1st St., gordonseiphoen.com. McQuay

Together in Art

Nov. 1, 2 p.m. to 7 p.m., and Nov. 2, 10:30 a.m. to 4 p.m., at Gerasimoff Park United Church, 407 Cumberland Ave. S. Gerasimoff Artwork Show and Sale. Recent works, originals, prints, and by Gerasimoff, McQuay, Behnke, Moni Wiba Holtz, Crystal Dyck, Vicki Beyer, Marlene Hart, Dennis Havel, Alleen Janice, Vickie Knott, Beverly Mugambi, Dennis Mitchell, Susanna Nevelman, Valerie Robinson, Uli Smitz, Karen Smith, Anita Sonnenburg, Loris Thompson and Dennis Young.

The Hand Wave Gallery

Until Nov. 7 at 409 Third Ave., Menchen Quintessence, ecology and mixed media exhibition

A Flurry Gallery

Until Nov. 9 at 810 Broadway Ave. West. Works of art exhibition of new paintings by local artists. Manda Hora, diverse disciplines and angles. Awards. A reception will be held Nov. 8 from 7 p.m. to 10 p.m.

The Gallary, Princess Theatre

Until Nov. 14 at 311 23rd St. E. Faveurale Spas by Cindy Hergen-Palmer.

Centra East Galleries

Until Nov. 24 at The Centre A display by students of Bapthist Church, a display by the Royal Canadian Legion, a display by Saskatoon Cultural Guild, a display by the Saskatoon Camera Club, and the 2013 30th Annual Saskatchewan Photo Winners and displays from the Saskatoon Public School Board.

Handmade House Showcase

Until Nov. 30 at 210 Broadway Ave. Prairie Impression: original architectural painting style "new" Lindsay.

Saskatoon City Hospital Gallery in the Bridges

Through November on the third, fourth, fifth and seventh floors of the ammonia at Saskatoon City Hospital. Work by three Saskatoon

artists through November. Works by Jon Bussinger on the third floor of the atrium, abstract acrylics and watercolours in floral and landscape themes by Norma Rompel on the fourth floor, and a variety of watercolour images by Laurel Schmitz-Smith on the sixth floor.

Ukrainian Museum of Canada
Until Dec. 31 at 910 Spadina Cres. E. Library, Diversity & Power: The Power of currency of revolutionary Ukraine 1917-1920.

Dielebecker Canada Centres

Through December at 181 Dielebecker Rd. Touch the Sky: The Story of Avia Canada. This in-house produced exhibit encourages visitors to learn beyond the anniversary surrounding the Avia Avro, and focuses on the history and accomplishments of Avia Canada.

Black Spruce Gallery

Open through the winter at Northside Antiques on Highway 2. After Give, a group show featuring fall images and colours of the boreal Lakeland region.

SPECIAL EVENTS**Liberation Masters**

Oct. 22, 1:30 p.m. at Grace-Westminster United Church, 305 10th Street E. Tales by members of the U of S Department of English. The first talk in the 2013-2014 series is on nation vs. state. Dr. Barbara Bobbins. Enjoying the stories of Paul Haggis and its remarkable impact on the entire world. Everyone is welcome. For information call 306-966-5616 or email angela@usask.ca.

Greg Ferguson Live!

Oct. 22, 8 p.m. at TUU Place. Presented by just for Laughs. The Scottish comedian brings his witty and hilarious stand up performances to Saskatoon.

Speechreading and Information for the Hearing

Oct. 23, Nov. 13 and 23, 1:30 p.m. to 3:30 p.m. at Saskatoon Deaf and Hard of Hearing Services, 3-51 First Ave. N. Hosted by the Head of Hearing Association. For information call

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

306-249-1503

October Heart: A Fundraising Dinner

Oct. 24, 6:30 p.m., at the German-Gulf Centre, 201 Crescent St. Featuring a German buffet meal, a cash bar, performances by local dancers and a German band, and a draw for two tickets anywhere WestJet flies. All proceeds go towards Caregiver Information and Support, a program of Saskatchewan Council on Aging, which provides education and support to caregivers through a resource centre, presentations, a directory of services and emotional listening and support. Visit www.caos.ca.

Family Caregiver Education in Workshops

Oct. 26, 6:45 p.m. to 9 p.m., at The Bunting 102nd Academy. A workshop for people caring for loved-ones who suffer from Alzheimer's or other forms of dementia. Topics covered include how to understand the disease, manage behaviours, manage care environments and care for yourself while caring for a loved one. To register call 306-931-5662. Administration is free.

Intro to Hospice Without Walls

Oct. 26, 7:30 a.m. to 9:30 p.m. at W.A. Shewell's Family Centre, 333 Ninth Ave. N. An introduction to Prairie Hospice Volunteer Training Program which will start in January 2014. An overview of the training, a discussion of the role of the volunteer and an outline of the services you can provide. To register call 306-240-5555 or email meaghey@usask.ca.

Saskatoon Quiltz 2013

Oct. 26, 10 a.m. to 6 p.m., at McPherson Park. Presented by Saskatchewan Quiltz Guild. The grand opening will be held Oct. 24 at 7 p.m. with an artist's presentation by Anna Hergen, a breakfast trunk show with Karen Janek, a silent auction with proceeds going to the 2014 Danny Care Saskatchewan Foundation and Prairie Quiltz Barbera Dennis. For tickets call 306-334-3824. Visit www.saskquiltz.ca. More events on Page A4.



October 30th, 2013

Five Course Gourmet Dinner

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with wines from

Canada & around

the world

Call 664-2313 for
details & to reserve
your tickets



*Limited seating for this event!

RESERVATIONS
306-664-2313
2033 Ave B North
SASKATOON

EVENTS

Peak-A-Boo!

Oct. 25 and 26, 9 a.m.-11:30 a.m.: At The Refinery. Presented by the Refinery Boutique Club. An evening of twisted tales done Burlesque style in time to celebrate the Halloween season. Featuring living legend of burlesque, Debbie Moseley.

2013 Spirit of Our Nation Cultural Celebrations and Pow Wow

Oct. 25-27 at Credit Union Centre, featuring a grand entry, powwow, a trade show, a singing competition and the Miss FNW powwow pageant.

Plains Threshersmen Club Flea Market

Oct. 26, 9 a.m.-3 p.m., in Buttertubs Century Hall at the Western Development Museum. Funds raised support the many projects the club undertakes for the museum.

Kids' Gotta Wild for Wildlife

Oct. 26, 10 a.m.-5 p.m., at Prairieland Park. A fund-raising event presented by the Wildlife Rehabilitation Society of Saskatchewan. An educational event with live animals, wildlife presentations, a wild animal costume contest, pet goat dissections, a magician, prizes, a raffle, face painting, a bouncy castle, balloons, a colouring contest, games, jousts with the armoured knights and a silent auction. Funds raised will be used to help Saskatchewan keep its wildlife healthy, wild and free.

Third Annual Princess & Prince Fancy Dress Party

Oct. 26, 7 p.m.-10 p.m., at the Husky Room Seinen Centre, 219 10th Street. Presented by PotashCorp. Wide Open Prairie. The event's annual season-fundraiser. An afternoon of costume and tea parties featuring princesses and princes, a fishing pond, costumes, crafts, Reprezent's



Wish Upon Children's Theatre will host its annual Princess and Prince Fancy Dress Party at the Husky Room Seinen Centre on Oct. 26 from 7 p.m.-10 p.m. www.wishupontheatre.com

Beauty Parlor, Princess Tea Party, bouncy castles, The Princess and the Paws, Captain Hook's Spray Tanning Parlour, face painting, and Where the Balloon Man.

On the Tracks of the "Mister Healer"

Oct. 26, 11 a.m.-5 p.m., at MacLean United Church, 5223 Taylor St. It's a Saskatchewan film premiere. Open to all interested in spiritual healing and the life of the German mystic Bruno Gremmig. Free admission and optional donations. Wheelerchart accessible. For information call 306-232-1850, email carrie@wheelerchart.net or visit www.bruno-gremmig.org.

Non-Perfected Symphony of Horror

Oct. 26, 7 p.m. and 9:30 p.m., at Royal Theatre, 320 30th St. W. \$50. A Silence/Golden silent movie concert. F. W. Murnau's *Nosferatu* silent vampire movie is a direct re-telling of Bram Stoker's *Dracula*. With live orchestral music.

by the Saskatoon Symphony Orchestra. Featuring guest pianist Mark Strand and guest conductor Brian Unsworth.

The Creative Life Workshop

Saturdays from 10 a.m.-4 p.m., Oct. 26-Nov. 2 at Governor Park United Church, New 10 at Queen's House Renovat. & Renewal Centre, and Nov. 23 at This Too-Twenty. A four-class series to help you learn to live your best creative life. With creativity coach Brenda Baker. For a registration form, email brendabaker@brendabaker.com. For information visit brendabaker.ca/, call 306-633-3103 or email brendabaker@brendabaker.com.

Latin American Plastic & Paper & Dance

Oct. 26, 6 p.m. dinner and 9 p.m. dances, at St. Mary's Parish Hall, 21 Ave. O.S. Hosted by Diana Morena. Latin Dance Academy. Entertainment by DJ Social, DJ Pechito, Dennis Morena. With live orchestral music.

Latin Dance Academy and Diana Morena. With open prizes for best costumes.

Dances may be required for the purchase of 10 dinner & dance tickets. Proceeds go to last year's International Salsa & Bachata Congress. For information email info@latindancemorena.com or visit www.latindancemorena.com/calling/events.php.

Mesmerized

Oct. 26, 7 p.m., at The Salvation Club, presented by Little Sparkles the Musical. An evening of music, wine and food. Funds raised will support Little Sparkles on the Prairies' education program. \$10.00 general admission. For tickets call 306-719-8909 or email aw@littlesparkles.ca.

Saskatoon Wearable Art Gala (SWAG)

Oct. 26, 9 a.m.-11 p.m., at Vaughn Wyatt Automotive Group. Mirriam's Bazaar. Wearable Art. Hosted by Mr. Gay Canada, Dennis Peperdeck, Dennis Morena.

ing Fariba Mirzaei, Michael Hosak and Kristi Kauak from Estonia. Agata Faskiewicz shows with over 20 pieces of wearable art, flamenco dance performances by Alas-Flamenco dancers and live music. Proceeds will go towards the construction of the Jack Millian Centre, a cultural and arts centre in northern Saskatchewan.

A Festival of Dance

Oct. 26, 2 p.m., at the Jeanne Hulme Community Centre, 715 McLean Ave. S. Embroidery, dancing, crafts, refreshments, dental arts, dental fair, Dogwood and Dogwood Kids, and a guest guitarist. Ben Schinnerer, Mexico Naomi Imanari, the Tenfure Diven Ensemble and the Saskatoon Klezmer Band. The program will pay tribute to the late Luisa Revychka, a garment teacher of Ukrainian dance.

Mindfulness Based Stress Reduction Information Session

Oct. 26, 7:30 p.m.-9 p.m., at McFarland House, 116 Queen St. A free public information event on the practice of mindfulness as a way to reduce stress. For information call 306-333-2325 or visit www.mbsr.ca/ or facebook.com/MBSSaskatoon.

Jeff & Bill 2013

Oct. 26-30 at Midtown Plaza. An annual fundraiser hosted by The Canadian Cancer Society. Set up a stall to help sell one of Saskatoon's 2013 Most Wanted or have someone you know arrested for a costume. All stall donations are tax-deductible contributions to the Canadian Cancer Society. Funds help support the Canadian Cancer Society's mission to eradicate cancer and enhance the quality of life of people living with cancer. For information or to donate visit www.jfb2013.ca.

Singing with Sylvie: Hello-Hello Howl

Oct. 26-31, 10:30 a.m. and Oct. 31, 1 p.m., at The Refinery. A concert of treat and tricks with Sylvie Chev. Costumes are welcome.

Men's Cooking Classes — Level 1

Oct. 26, 6 p.m.-10:30 p.m., at Grace-Westminster United Church, 505 16th St. E. Hosted by the Saskatoon council on Aging and Saskatoon Men's Components. A small group of men gather to prepare meals that are simple, easy and quick to make. Many cooking experiences are based on information from *Living Simply: a handbook prepared by Saskatoon Home Economics for adults examining new responsibilities*.

THEATRE

A Man's Fish

Oct. 23 to 30 at Persephone Theatre's BlackStage. Staged by Denise Mitchell. Michael St. Germain. World premiere. A tale of lust, money and environmental catastrophe. Played infishermen, it is targeted by an unethical salesman and his fortune to take a turn for the worse. Meanwhile, the local bartender has his eyes set on the fisherman's wife.

Allez Au Pays des Merveilles

Oct. 26, 2 p.m., at The Renfrew Arts Centre. Presented by La Compagnie des Merveilles. Set to travel only a short distance of Leah Carroll's famous children's story instead of doing schoolwork. Alice wants to play and daydream, so she sneaks away to Hille in her father's library. There she finds a strange rabbit nibbling furiously on the books. To stop him from devouring the whole collection, Alice chases him into his rabbit hole, where she finds herself in the fantasy world of Wonderland.

RECIPES

Chicken Parmesan has high flavour, lower fat

By J.M. Hirsch

A chicken Parmesan that's a log on the scale, but not on fat? It's a winner — and more weight-friendly — than you might think.

I started with a basic breaded and baked chicken breast. I spread it with the herbs onto the mattole. And that sped up 1/2 part of a convenience. It also gave dividends on texture. The less time the chicken spends in the oven, the more tender and moist the end result.

For a crunchy coating, I kept it simple with panko breadcrumbs. But the chicken is some egg, drag it through the breadcrumbs and you're ready to move on.

With the chicken bakes, the issue comes together in just minutes on the stovetop. I used parmesan cheese and (dried) basil (plus some) as my inspiration. A few high-flavour ingredients pull it all together in no time. And with a lot less of the usual fat that clings this dish.

We do finish it with Parmesan cheese, but the issue is no heavier. Already a little goes a long way.

Chicken Puttanesca Parmesan

Start to finish: 30 minutes

Servings: 4

2 boneless, skinless chicken breasts

1 egg

1 cup panko breadcrumbs

1/2 tsp parmesan

1/2 tsp ground black pepper

1/2 cup olive oil

4 to 6 fresh mozzarella mozzarella

1/2 cup red pepper flakes

1 large yellow onion, diced

2 Roma tomatoes, cored and

chopped

1/2 cup chopped jarred Reliance

olive

3-4 cloves garlic, minced

1/2 cup

large firma fresh basil, chopped

1/4 cup grated Parmesan cheese

1. Heat the oven to 400 F. Coat a baking sheet with cooking spray.

2. Cut at a time, carefully slice each chicken breast in half horizontally to create two thin halves.

3. Place the egg in a wide shallow bowl. In a second bowl mix together the breadcrumbs, garlic powder, salt and pepper.

4. One at a time, dip the chicken breasts first in the egg, then in the breadcrumbs, pressing as needed to adhere them to the meat. Arrange the breaded chicken on the baking sheet, then coat the tops with cooking spray. Bake for 30 minutes, or until lightly browned.

5. Meanwhile, in a large skillet over medium-high, heat the oil. Add the onions and red pepper flakes, then sauté until the onions have dissolved. Add the tomatoes and bring to a simmer. Cook just until the tomatoes begin to break down, about 8 to 10 minutes. Remove the pan from the heat and stir in the olives, garlic, basil and basil, season with salt



and pepper.

6. When the chicken is done, transfer each cutlet to a serving plate. Spoon

the sauce over each, then top with Parmesan. Associated Press



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FASHION YXE

SASKATCHEWAN FASHION

Courtenay Phillips: Patterned professional

By Ashley Martin

Courtney Phillips gets a little crazy with her clothing.

It's always been that way. As young as age five, Phillips would set her mom's closet aside and start new looks.

"I used to wear her mama's clothes, so I'd dig through her stuff and come out in those crazy outfits. She'd let me go like that to school, so my kindergarten teacher and my Grade 1 teacher were like, 'I'm always excited to see what Courtney's going to wear,' because it was out there," said Phillips, who works as a lawyer for the provincial government.

Today, she still embraces an eclectic sense of style, mixing and matching patterns, colours and textures to her heart's content.

Phillips' mother is a fishermom influence; she loves to shop and frequently sends clothing and accessories to her daughter packed up in international parcels.

"It's nice because it reminds me of her but it was fun to wear them; usually things I wouldn't normally get."

Like her mother, Phillips shops on eBay. She's visiting London, England, next month and was just in Whitehorse trying on hats and beaver nests.

"I like to get different things so I'm not wearing what everyone else is wearing."

She's also free to hold on to pieces of her. If she hasn't worn something in the past year out of the house, "I just tried stuff out as you just want to mix it up ... I think it just my interest in fashion that keeps me changing it up and trying new things."

Have an outfit you've styled for an upcoming event?

Send a photo to bridges@thestarphoenix.com



CROSSWORD

NEW YORK TIMES Edited by Will Shadrack

NEW YORK TIMES edited by the editors



REFERENCES AND NOTES

8078

34 **It's a long road** (10:00)
35 **Take the line**
36 **Reynolds elements**
36 **Discusses a words**
37 **Inventor's award**
37 **Thick plastic sheet**
38 **Conqueror's notebook**
39 **I'll take it** (adv. 1)
39 **What she played** (Hermione Granger)
40 **"Hey!"**
40 **"That invents it!" (well)** (pet tickled) (Hermione)
41 **the center of ex**
41 **Heading on a handwritten**
42 **keypad**

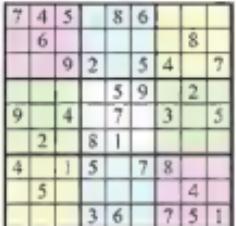
1 **Home of the duration**
2 **Associate**
3 **Invite for the evening**
4 **Can Park**
5 **Argue**
6 **Unpredictable hurricane** (of)
7 **Wind as a scientist**
7 **channel surfing** (watch
house)
8 **LC's INVENTOR**
9 **One line that describes**
10 **Very tall** (Dobby)
11 **Plant with fluffy flower**
spikes
12 **Wrote a blackboard**

JANRIC
CLASSIC
EDITION

Lewith et al.

Fit in the blank cells
using numbers 1 to 9.
Each number can ap-
pear only once in each
row, column and 3x3
block. Use logic and
process of elimination.

to solve the puzzle.
The difficulty level
ranges from Brown
(easiest) to Silver
to Gold (hardest).



Sioux City
command post
the Sioux
frontier. Page 25



OUTSIDE THE LINES



Colouring contest

Each week, Shoshana McElroy creates a colorful illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to brdazz@thechildatheart.com. One winner will be chosen each week.

Last week's contest winners
are: **Stephanie McElroy** and
Mustafa Ismail.
Thanks to everyone who
submitted entries!





Starters

Pan Fried Chicken Livers \$10
Bananas reduction & onions

Smoked Chicken Roll \$10
Jerked seasoned smoked chicken w/
smoked onions & colby melted in pastry
honey citrus to citrus

Cheese \$10
Reblochon, gruyere, swiss & wild
mushrooms basil & panko crumb

Baked Grilled Pork \$10
Crisp pork belly braised onion & hick chay port
chocolate citrus glaze

Prosciutto Beef Tacosas \$11
MM Charles de Lenclosse housed in prosciutto
& emeril onions emulsified bread
jerk & butter blue butter

Pan Pacific Steamed Mussels \$12
Mussels steamed in Lemongrass bath
w/ the chili, grape tomatoes, galangal
finished in coconut curry cream

Spicy Lemongrass Shrimp \$18
Lemon posole per second & simmered in lemongrass
Then Tom broth on a bed of crisp Udon noodles

Soup

Coconut Chicken \$10
Chicken stewed in coconut milk w/ leek baby
Yukon gold potato, lavender honey red curry

Roasted Red Pepper & Black Beans \$10
Hearty black beans soup seasoned w/ ancho
cherry, roasted red pepper & jalapeño garnished
w/ cilantro cheese crema fraiche

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Portobello Roma Wrap \$10
Chilled rom. avacado black olive red
pepper em-bled in grilled romaine lettuce
wrapped in portobello and tortilla

**Rosemary Lemon Marinated
Mushroom & Shrimp Skewer** \$22
Fl. meat w/ corn, shiitake, chardonnay
mushrooms & shrimps hit w/ sherry, port, dill and
smothered w/ fresh dill cream, angel hair pasta

Roast Pepper Pesto Chicken \$24
Red Pepper pesto stuffed chicken breast
w/ jalapeno, Dijon & smoked tomato risotto

**** Steam Poached White Fish** \$24
With poached whitefish w/ wild arugula and
lemon butter sauce aromatic rice

Porcini Duck \$26
Roasted Breast, Pomegranate & Cherry Whiskey

Grill Ribs \$26
Barbeque full rack of ribs w/ 12 Gallon Miso

Atlantic Salmon \$25
Grilled Filet, Shrimp, Scallops & Bread Crumb
Stuffing Cilantro Butter & Rice Pilaf

Beef Tournedos \$25
Sliced filet mignon seared and basted in foie
shortcake served w/ whipped potato & caramelized onions

Filet Mignon Tenders \$25
Potatoe sprouts, soft tire & Dijon stuffed
pot tenders medallions cranberry reduction jus

Vegetarian Entree \$18
Some Entrees at request \$20 to make Gluten Free

Extras

Side of Mashed Potatoes \$7
Side Lobster Tail \$20
Side of Tiger Shrimp \$12
Side Steak Legs \$20



Salad

Cesar Salad \$10
Romaine, Fresh parmesan croutons, grated
parmesan and our very own Cesar dressing

The Garden Medley \$10
Peppers, red onions, grape tomatoes, cucumbers
kale, arugula, avocados & feta cheese w/ sprouts and arugula
grazza, romated garlic and sherry vinaigrette

Seaweed Cucumber Noodle \$10
Seaweed, grape tomatoes, pickled ginger, leeks
cucumber & swan radish on a bed of arugula
grazza, romated garlic pomegranate chili oil

Chicken Fettuccini \$10
Poached chicken breast, medallions stuffed
w/ basil, tomato & fontina w/ bouquet
arugula, lettuce, cucumber, basil & caper vinaigrette

Steaks

	8 oz	10 oz	12 oz	14 oz
Tenderloin	\$30	\$36		
New York Strip	\$30	\$36	\$38	
Rib Eye	\$34	\$38	\$42	
Add 10 per extra Demi				
Demi—gravy				
Chardonnay				
Horseradish				
Demi or Chives				

SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email bridges@thestarphoenix.com

SASKATCHEWAN'S BEST SPACES

Real beauty is on the inside

By Ashley Martin

WHO? Tracy Kondratauk and Brett Kuglin

WHAT/WHERE? The men of their century-old home in Regina's Brooks Avenue neighbourhood

WHEN? The couple bought two years ago when their basement suite had flooded and they needed to move. "They had no intention of buying a place, but when they saw the house, they had to put in an offer."

WHY? "It wasn't kind of the perfect size of their house because from the outside, it looks an average house, but then the inside, it's just so nice," said Kondratauk.

It got even cuter once she applied her decorative touch.

HOW? The space is a mix of old and new vintage and modern which suits the home — built in 1910, so many antiques would make it feel like a museum.

Amid the limegreen block, white and grey bones, and the ailing rooms, cutesy walls are accent pieces. Some she acquired from HomeSense or vintage stores and others she made or refreshed herself (like the painted pallet coffee table).

"If you go into just a furniture store, it's really easy to buy the duh-duh model of everything, but then your home just ends up looking like every other house on the block," said Kondratauk. She'd find rustic items in random places like at Kuglin's grandmother's farm, and turn them into something beautiful. A needle cabinet,

pill and essentils from her father's distance the living room cabinet.

"I've always liked vintage antique things. I love going to the antique mall in Regina and just browsing around on my own. It's weird to say, but I tend to get easily from finding old junk and antiques and stuff where other people think it's just junk and a waste of time."

The space has a neutral feel despite bold paint in the dining room, which was inspired by Carrie Bradshaw's apartment in *Sex and the City* movie.

"I've always been a stark and dramatic fan of bright, bold, but not garish, much pink for my garage, do whatever I want, as long I don't realize everybody looks too stiff."

Though she's still working on the house and has no plans to change the space, Kondratauk did a mini revamp to the narrow kitchen at the back of the house, painting a chalkboard along one wall.

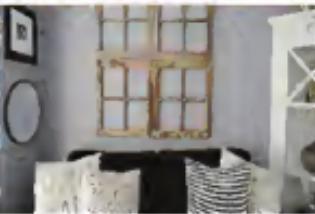
"You know when you go into those coffee shops where they have the chalkboard menu and it just really looks挺立? That's kind of where I was going with it."

Her style is all about pops of personality throughout the home.

"I tried to be really cozy and inviting and I think it's really unique, it looks a lot different than other people's homes that I've seen. It's just a good反映 of our life."

Worldwide, she's for the City of Regina's marketing. Though she's long had a passion for interior design, she didn't consider it a career until recently. She'll even only like to open a home decor store in Regina.

BRIDGES PHOTOS
BY TROY FLEEDCE



ASK ELLIE

It's time for The Talk with non-supportive partner

Q: My best friend feels I've had the last three years and felt no support from my human partner. My dad got very sick and I had to be at the hospital a lot, but my boyfriend never came with me or met me after my visits at a restaurant or strength to cheer me up.

I also get laid off and had to return to my mortgage my place, which is where he's living as well as pay bills, but not the mortgage.

I took same time to find contract work, but he never offered to pay for more while I was unemployed, which he could easily have afforded.

I don't feel this is something I should overlook.

Q: His let you down — emotionally and financially. He's maybe not a cold person, which you would've known before this, but now you feel the distancing effects personally.

OR: he has different view of what a relationship means from yours.

You need The Talk — Is he with you, or not, in this relationship? —

Ask Ellie



Here he answers, state that you want, and presumably are yourself, a more nurturing partner.

Be wary of any "excuses" he offers. He has lack of support, if they're all about him... if means he's honestly self-absorbed, and will let you down again.

Q: My best friend says I'm taking my boyfriend for granted and that I'll lose her if that's true... she's a very giving person... and always wants to do things for me in return.

Besides, picking a lunch for me every morning, she picks up my laundry shorts after work, spends

evenings when I'm busy re-organizing my files or cleaning out my work space, and she even takes my car in to be fixed.

She says she's happy to do all this and I'm sure she's happy so, why should I think this is a problem? —

Q: If you didn't actually "hurt" her for all these tasks, you're exploiting her "giving" nature.

By taking advantage — instead of giving — that she needs to be your keeper — you've become dependent — you as three-line User, her as Super Pleaser. IT'S NOT healthy... unless you're providing equal giving to her.

Natalie: See and say no! As a rule, her contributions don't count. See as for mutual satisfaction and money/gifts are meant as shared benefits in a relationship.

Think about what defines her as a gift-giver, whom you want to stay in your life. Then give her equally respect and love for herself.

Q: I'm wondering about my relation-

ship of seven years. We seem to be totally dependent on one another. I'm in mood, he gets ready too. If I want to walk, he must walk with me. We never go out without our old friends past stick together. We watch a lot of TV at night.

I feel like I'm isolated from every thing else... my old friends, things going on in town, etc.

Q: Co-parent dependency on one another limits each of your lives. Both of you need your own friends, interests, times and areas of privacy.

Isolation is also a big risk now. You need outside contact. Get back in touch with people. Your partner can be with you sometimes, but you need time alone or their visiting or communicating with others.

If no one else strengthens your a walking group, workshop, a course on same interest, or volunteer and start making even one or two friends.

Q: My parents have been married

for 55 years. They love each other dearly, yet hardly communicate. Sometimes, one parent gets up and says "Stay!" in a harsh voice, and then she shuts down again.

Don't just barge and lounge around her, he doesn't get how annoyed she really is. They're not perfect parents but they are good, decent people.

In blithering is natural part of getting older and losing together so long?

Q: Bickering — constant sniping and nit picking — does seem to be an easy default communication for people when they're irritable and tired, which happens more with aging.

But there has to be boundaries on the tone and persistence of petty, argumentative chatter, or one person's bickering can become bullying.

Replies, gently that it's tiresome to be around "The Bickermen." They wear your company and interest in them so that could be an incentive to try to do it less.



Next week in
BRIDGES
Ghosthunter
Miles Vanghel
takes us into the
paranormal world

ON THE SCENE

Send your CFL fan photos to bridges@thestarphoenix.com for a special Grey Cup-themed photo page!

ROYAL BALL UNDER THE BIG TOP – 2013



The Royal University Hospital Foundation held the 10th annual Royal Ball on Oct. 19 at the Delta Thornthwaite Hotel. The sold-out crowd of 270 were encouraged to wear costumes from regal attire to night race winners to fit the 2013 "Under the big top" theme. Presented by Petro-Canada, the event raised \$20,000 for fellowship training at RUH. Saskatchewan's primary trauma and transplant hospital. Since its inception in 1983, the foundation has raised \$60 million going towards three areas: research, advanced training and superior patient care.

1. The RUH Foundation committee: Ying Difeng, Sina Rehman, Meagan Nightman, Sheena Beatty, Lisa Higney, Laura Thompson, Tricia Whetstone, Nicole Simola and Gendrea Oszmaniec (Photo: Phoenix Special)

2. Van and Isolde Agarica
3. The Restaurant at RUH was designed to look like a circus tent
4. Rehman and Tom McGeoch
5. Joel Macleman and Breton Looe
6. Allison Shireman and Meagan Simola

PHOTO: BRIDGES BY DEREK MORTENSEN

ON THE SCENE

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SHARPEATS



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GOLD MEDAL PLATES

The best in food, wine, arts and athletics

By Jenn Sharp

The city's best chefs, pitted against one another on the ultimate culinary showdown. Each prepares an original gourmet dish for 100 people and a table of enthusiastic judges who will decide their fate. The pressure is enough to make sure mortals feel ill.

Gold Medal Plates (GMP) is an annual cross-city celebration of food, wine, the arts and athletic achievement. It raises money for Canada's Olympic Foundation to support high performance programs like the ones in Regina. Since the first event was held in 2003, over \$7 million has been raised.

A chef at each event in 13 cities brings home a gold plate signifying his or her superiority and success in the Canadian Culinary Championships held in Kelowna, B.C. on Feb. 7 and 8, 2014. Silver and bronze are also awarded. Eight chefs will compete in Regina on Nov. 1 and 16 at a sold-out a week later on Nov. 8.

Most chefs thrive under pressure—they wouldn't be in the business if something they face on a daily basis, whether it's at a restaurant or a private culinary company. The demands of preparing multi-course meals to exacting standards is a fact of life. Sure, ingredients are crucial, food budgets, managing kitchens and educating servers—it's all part of the job description.

Many Regina's cities Gobes owner and pastry chef at Le Macaron, take it all in stride and thrive in the big night. What do they eat? "There's a pastry chef in the competition?"

In just years, Gobes has supplied the desserts for Saskatchewan's GMP events, but this is the first year he's been invited to compete.

"I'm keeping an element of mystery to myself," he says with a smile. "There's some great chefs out there—but I'm hoping that my creativity and uniqueness will show through in the dish."

GOLD MEDAL PLATES
Saskatoon Nov. 8
Competing Chefs

- ROBIN ANDREAS: Stratton Country Hotel
- KIRVIN ANDRIANO: Two By Design
- MIKE LUNN: Western Concessions
- MOE MATTHEW: White Birch Catering
- ANTHONY MCCARTHY: The Saskatchewan Club
- MIKE MCKEECHIN: Prairie Interiors
- ROB MCKEECHIN: Prairie Interiors
- RUSTY PENNO: Dakota Diner
- SIMON REYNOLDS: Viking Fine Foods
- TREVOR ROBERTSON: Radisson Hotel
- KEVIN TETZ: Executive Chef

Regina Nov. 1
Competing Chefs

- GILLIS DEOPEN: Le Macaron
- LEO PANTEL: Canadian Arts Centre
- RICARDO RODRIGUEZ: The Artful Dogger Cafe & Music Emporium
- DAVE STRAUSS: Pro Entry & Drink
- JONATHAN THAUERBERGER: Grove Kitchen + Wine Bar
- LAUREN WALL: Willow Fine Foods
- MARTIN KNOW: The Clerk in Gethsemane Bistro
- ROB HARRISON: Rustikans Catering

McGlynn Hynes is the executive chef of the Dakota Diner (opposite). When Penno's dish for Gold Medal Plates is top-secret, he'll still say he's a member of an elite out-of-town foodie crew. "I make my food to the best of my ability, choose the right portion to bring and have fun. That's about it—the food is crap if that's not what it does."

The former Whistler prep is a trained chef, but hasn't shamed that into an ego because he's worked in pastry for years. In fact, his pastry training will have us apart from the textures in the dish. Poetry is a still craft not suited for everyone, so require more chemistry.

"That's why chefs don't like it. When things don't turn out, they can mostly to correct it. It doesn't work

the same way with pastry."

Poetry has a seasonal element too, which doesn't love a breakaway chef. With a strong background in presentations and elegance, gained from 10 years spent at the Hotel Saskatchewan, Gobes feels ready for GMP's whimsical pressure-cooker environment. He's also a second-generation restaurateur. "It's basically what

we grew up with."

GMP has become a showcase for local chefs. The local food movement has hit Saskatchewan strong, farmers' markets in both Regina and Saskatoon are more popular than ever and restaurants are increasingly incorporating locally sourced food into the menu. GMP is the perfect way to showcase Saskatchewan's best cuisine on a national level.

Olympic athletes, many of whom will compete in Sochi in 2014, will be at both events, along with a performance by Blue Rodeo's Jim Cuddy. Apart from sampling all of the competition dishes and accompanying wines, attendees will have the chance to bid on exclusive trips.

For more information and to purchase tickets, visit www.goldmedalplates.com.



WINE WORLD

YELLOWGLEN PINK SPARKLING WINE

Toast autumn with crowd-pleasing bubbly

By James Romanow

I have thought long and hard on ways to express Sautinash and I think I finally have the answer: We need to drink more tea! Specifically we need to celebrate our events by opening a bottle of inexpensive sparkling wine and lifting a glass to say oh I don't know the colour of the leaves on the trees

It is very difficult to be unhappy with a glass of sparkling wine in your mouth. Even Rader loses because he's miserable. It is also very difficult to maintain your Sommelier Level 2 greatness. I mean the staff is actually bubbly! And no serious wine drinkers are snooty things, but we are serious bubbly.

But there is another reason to drink the stuff. In addition to just lifting your spirits, sparkling wine is probably the most versatile food wine is.

the world. It goes with everything. It has enough acidity to work with pretty much all foods. The residual touch of sweetness mixes with all sorts of cuisines. And did I mention how pleasant a drink it was?

Also, it is NOT expensive. Spanish coffee is always an excellent idea but if you prefer the taste of French blends (caramel and chocolate, my grammar!), buy Australian.

Yellowglen is a winery that specializes in sparkling wine, producing everything from bone-dry vintage champagne bubbles to crowd-pleasing everyday bubbly. All of it is worth drinking and all of it is extraordinarily well-made including the shaggy stuff. So improve your life and the province today. Buy a bottle of Pukka on your way home tonight and write me if you think I'm right.

Ladies and gentlemen, this deserves a tour!
To a future!



Willaque Pinot Sparkling Wine, Austria

More wine in Monday's paper and on Twitter
@drhousan

Crossword/ Sudoku answers



7	4	5	9	8	6	1	3	2
3	6	2	7	4	1	5	8	9
8	1	9	2	3	5	4	6	7
1	7	3	4	5	9	6	2	8
9	8	4	6	7	2	3	1	5
5	2	6	8	1	3	9	7	4
4	3	1	5	2	7	8	9	6
6	5	7	1	9	8	2	4	3
2	9	8	3	6	4	7	5	1



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Black cloth 73,613 km #12038

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